

People Are Born To Shine!

A newsletter rooted in the Christian faith created to inspire and support all people, irrespective of nationality, race, and religion.



NCF ACTIVITIES

“Let Your Light Shine” Concert

**The revival of a worldwide concert at the Casino du Liban.
A space between Greece and Lebanon.**

The Naji Cherfan Foundation organized this extraordinary concert based on the vision written by Naji Cherfan: **“People are Born to Shine.”** The event was marked by the musical diversity of the Greek international, Alexandra Graves, the Lebanese artist, Charbel Rouhana, and the Choir of Saint Rafqa under the leadership of Sister Marana Saad. The song “Unite” by Charbel Rouhana was launched for the first time, calling for solidarity and peace.

The proceeds of the concert will go to help the poorest of the poor, and those affected by car or bicycle accidents.

The ceremony was attended by the representative of the Minister of Culture Dr. Raymond Araygi and his wife, Dr. Fadi Karam and his wife, Dr. Georges Moufarrej and his wife representing Dr. Samir Geagea and MP Strida Geagea, former First Lady Joyce Gemayel and her granddaughter, MP Ghassan Mukheiber and his wife, Professor Athanasius Leosis, as well as several diplomats. Archbishop Abed Abi Karam, Archbishop Boulos Rouhana, the mother-in-law of the convent of Saint Rafka’s sister Madonna Abi Rizk, and a large number of great fathers, nuns and clergy also attended. Vice President of the Federation of Municipalities of Kesrouan and El Fotouh, the mayor of Kfour, Eng. Antoine Abi Saab & his wife, Marcel Khalife, the artist Joseph Khalifa, the artist Joumana Medawar and many mayors, diplomats, academics and businessmen were also among the guests. A large crowd narrowed the room.

The concert was organized on Saturday November 19, 2016, which coincided with the birthday of Naji George Cherfan. The proceeds of the concert will go to help the poorest of the poor, and those affected by car or bicycle accidents, etc.



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Millions of deaths of children under five years old are linked to the environment.

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www.najicherfanfoundation.org

21 Foods Richer in Protein than an Egg



It is a well-known fact that eggs are a perfect protein delivery food. They contain minerals, healthy fats and vitamins that are crucial for your body's overall immune system. It's a super food, especially for those who work hard to make their body fit. The protein in eggs makes you feel full for a longer period of time and helps maintain muscle mass. However, eggs aren't the only food that can blast fat and boost muscle mass. There are many super-rich-in-amino-acids foods that contain even more protein than an egg.

Edamame

PROTEIN PER ½ CUP: 6.6 GRAMS

Edamame is an exceptional food since it is one of the rare plant-based sources of complete amino acids. It is also a very good source of magnesium, which is great for boosting your metabolism, production of energy and muscle development.

Chickpeas

PROTEIN PER ½ CUP (COOKED): 7.3 GRAMS

These are a great food for those who want to lose some weight. They contain fiber, which is crucial for the health of your intestines. Chick peas release cholecystokinin, a hormone that suppresses appetite. This makes them an excellent food for those who want a flat belly.

Hemp

PROTEIN PER 2 TBSP: 6.3 GRAMS

Hemp is lower in calories and higher in amino acids than chia seeds. It is also worth mentioning that hemp hearts contain linoleic acid, an omega-3 acid that is good for your heart. Therefore, those who have heart disease or struggle with obesity or metabolic syndrome should include this super-food in their every day diet plan.

Kidney Beans

PROTEIN PER ½ CUP (COOKED): 7.6 GRAMS

In addition to the fact that beans are an excellent source of fiber, they also provide essential amino acids that are crucial for forming a complete amino acids. Kidney beans are also an excellent food for blood-sugar

control, containing 'low glycemic' carbohydrate that helps prevent blood sugar spikes.

Black Beans

PROTEIN PER ½ CUP (COOKED): 7.3 GRAMS

Black beans are great for proper brain function, being full of anthocyanins, an antioxidant that fights cell-damaging free radicals. They also contain soluble and insoluble fiber.

Quinoa

PROTEIN PER 1 CUP: 8 GRAMS

Quinoa, like amaranth, edamame and chia seeds, is one of the rare plant-based foods that contains all essential amino-acids to form a full protein. Quinoa is also an excellent source of fiber and unsaturated fat, which makes it a super-food for the heart and gut.

Peanut Butter

PROTEIN PER 2 TBSP: 8 GRAMS

A healthy dose of muscle-building protein and healthy fat comes from peanut butter. Add it to your whole grain toast or combine it with honey, walnuts and pumpkin seeds for a snack and you get an excellent source of all the necessary nutrients for prevention of cardiovascular and coronary artery disease.

Mozzarella & Cheddar

PROTEIN PER 1 OZ: 6.3 - 6.5 GRAMS

These staple cheeses are one of the reasons why so many pizza-loving people meet their protein requirements every day. Not only are cheeses a great source of satiating proteins, but they're also teeming with healthy fat, calcium, and vitamin D to help support bone maintenance in old age.

Gruyere Cheese

PROTEIN PER 1 OZ: 8 GRAMS

An excellent excuse for indulging in that wine-and-cheese hour: This fancy Swiss cheese contains 30

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Road Traffic Injuries: *A Fact Sheet*



Every year the lives of approximately 1.25 million people are cut short as a result of a road traffic crash. Between 20 and 50 million more people suffer non-fatal injuries, with many incurring a disability as a result of their injury.

Road traffic injuries cause considerable economic losses to individuals, their families, and to nations as a whole. These losses arise from the cost of treatment as well as lost productivity for those killed or disabled by their injuries, and for family members who need to take time off work or school to care for the injured. Road traffic crashes cost most countries 3% of their gross domestic product.

Who is at risk?

SOCIOECONOMIC STATUS

More than 90% of road traffic deaths occur in low- and middle-income countries. Road traffic injury death rates are highest in the African region. Even within high-income countries, people from lower socioeconomic backgrounds are more likely to be involved in road traffic crashes.

AGE

People aged between 15 and 44 years of age account for 48% of global road traffic deaths.

SEX

From a young age, males are more likely to be involved in road traffic

Lord Jesus Christ,

You have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him.

Show us your face and we will be saved.

Your loving gaze freed Zacchaeus and Matthew from being enslaved by money;

the adulteress and Magdalene from seeking happiness only in created things;

made Peter weep after his betrayal,

and assured Paradise to the repentant thief.

Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman:

"If you knew the gift of God!"

You are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy; let the Church be your visible face in the world, its Lord risen and glorified.

You willed that your ministers would also be clothed in weakness in order that they may feel compassion for those in ignorance and error:

let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with its anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor,

proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this of you, Lord Jesus, through the intercession of Mary, Mother of

Mercy; you who live and reign with the Father and the Holy Spirit for ever and ever.

Amen.

OUR DAILY BREAD

Alone in Space

Apollo 15 astronaut Al Worden knew what it felt like to be on the far side of the moon. For three days back in 1971, he flew alone in his command module, Endeavor, while two crewmates worked thousands of miles below on the surface of the moon. His only companions were the stars overhead that he remembers as being so thick they seemed to wrap him in a sheet of light.

As the sun went down on the Old Testament character Jacob's first night away from home, he too was profoundly alone, but for a different reason. He was on the run from his older brother—who wanted to kill him for stealing the family blessing normally given to the firstborn son. Yet on falling asleep, Jacob had a dream of a staircase joining heaven and earth. As he watched angels ascending and descending, he heard the voice of God promising to be with him and to bless the whole earth through his children. When Jacob woke he said, "Surely the Lord is in this place, and I was not aware of it" (Gen. 28:16).

Father, the glory of Your unseen presence and goodness is far greater than we can imagine.

Jacob had isolated himself because of his deceit. Yet as real as his failures, and as dark as the night, he was in the presence of the One whose plans are always better and more far-reaching than our own. Heaven is closer than we think, and the "God of Jacob" is with us.

Father, thank You for using the story of Jacob to show us that the glory of Your unseen presence and goodness is far greater than we could imagine.

God is nearer than we think.

INSIGHT:

The Scriptures teach us that saving faith must be a personal faith; the faith of our parents will not save us. But it is interesting that in today's passage God introduces Himself to Jacob by pointing to his ancestors. It is not Jacob's lineage that is important, but that the God he had heard about from his ancestors was the same God who would now be with him. Jacob could have confidence that God would be with him because He had been with Abraham and Isaac.

What stories of God's faithfulness from your past or from the lives of your family bring encouragement that God does not change and will always be with you?

Source: odb.org



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Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing of the beloved Naji Cherfan. Our main goal is to praise the Lord through community work. The foundation works to improve the quality of life of the poorest of the poor of all ages, both those who are healthy and those with health problems, and those with brain injury of any kind, resulting from accident, stroke, etc, while promoting Christian values.

If you like the work NCF is doing and wish to participate, we invite you to become a member of our Board. The goal is to share our inspiration and activities in your country. Please contact us for more information at +961 (0)4 522221.

info@najicherfanfoundation.org

Quotable!

Hold on to what is good,
Even if it's a handful of earth.
Hold on to what you believe,
Even if it's a tree that stands by itself.
Hold on to what you must do,
Even if it's a long way from here.

—Pueblo Prayer

Protecting Children from the Environment

Each year 1.7 million deaths of children under five years old are linked to the environment. This includes indoor, outdoor and second-hand smoke. Environmental risks include air pollution, chemicals, poor water, sanitation and hygiene.



- **570,000** deaths from respiratory infections including pneumonia
- **360,000** deaths from diarrhea
- **270,000** deaths from neonatal conditions including prematurity
- **200,000** deaths from unintentional injuries such as burns
- **200,000** deaths from malaria

CHILDREN ARE AFFECTED BY:

- Air pollution
- Inadequate water
- Sanitation and hygiene
- Second-hand smoke
- Climate change
- Hazardous wastes
- UV radiation
- Hazardous chemicals
- Persistent organic pollutants
- Endocrine-disrupting chemicals

AIR POLLUTION:

An unseen threat to children's health, that can cause:

- Stunted brain development
- Reduced lung function and asthma

It can also set the stage for problems later in life from:

- Stroke
- Cancer
- Cardiovascular disease
- Chronic respiratory illnesses

Environmental exposures start in the womb, and can have effects throughout life. Children, including adolescents, are exposed to a variety of hazards from the environments in which they live, learn and play. Minimizing these risks is the key to protecting children.

source: World Health Organization

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The ceremony was given by Mr. Elie Ahwash, who praised the distinguished event and the renowned artists, focusing on the value of the act of love that we perform to witness our humanity. He also focused on the value of the person who reflects the civilization of light through his words, actions, love and giving. "It is true that our loved ones are absent, but the days do not erase their memory, and what is most beautiful is that the anniversary becomes an invitation to be the balsam of the wounded and those who wait for their wounds to heal by a word and a look filled with love."

Mr. George Cherfan gave a brief overview of Naji's life, the incident, his recovery and his death. He spoke about the goals of **The Naji Cherfan Foundation**, founded on his

name and bearing his dreams and goals in humanity. "Life is not only 70 years, life is life, even after the death of the body." He welcomed the guests and thanked everyone for their attendance.

The concert began with singing and with the distinctive voice of Alexandra Gravas and pianist Lucas Sakr, as well as "Lamma Bada Yatathanna" in Arabic, where she won the audience's admiration and warm applause. Then St. Rafka's choir, led by Sister Marana Saad, joined Mrs. Gravas and shared several songs, after which the great "oud player", the artist Charbel Rouhana joined, presenting several songs and wonderful Arabic music with the choir as well as his new song.

The ceremony ended with warm applause from the audience, who left with magnificent memories.

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percent more protein than an egg in a single slice, plus a third of your RDA of eye-protecting vitamin A.

*Organic Grass-Fed Milk***PROTEIN PER 8-OZ CUP: 8 GRAMS**

Organically-raised, grass-fed cows that were not given inflammatory hormones and antibiotics give a better quality milk richer in omega-3 fatty acids. Organic milk is also a richer source of protein and many essential vitamins contained in the fat. Therefore, you should always look for organic non skimmed milk, especially if you give it to your children.

*Sprouted Whole-Grain Bread***PROTEIN PER 2 SLICES: 8 GRAMS**

Not all breads are the refined, white carb bombs that will shatter your weight loss goals. This nutrient-dense bread is loaded with the brain-protecting vitamin B, folate, and good-for-you grains and seeds like barley and millet. What's more, because it's sprouted, the grains, seeds, and legumes have been pre-digested and removed of their anti-nutrients, giving you an easily digestible bread teeming with even more nutrients.

*Lentils***PROTEIN PER ½ CUP (COOKED): 9 GRAMS**

Like all pulses, these little half-moon-shaped legumes are filled with fiber that helps speed fat loss. Spanish researchers found that people whose diets included four weekly servings of legumes lost more weight and improved their cholesterol more than people who didn't.

*Pumpkin Seeds***PROTEIN PER 1 OZ: 9 GRAMS**

In spite of the fact that pumpkin seeds are known as protein rich foods, they also are packed with energy-boosting phosphorus, magnesium and zinc. They are especially recommended for those who want natural glowing skin since the zinc in pumpkin seeds helps form the protein that repairs damaged cells and helps regenerate new ones.

*Greek Yogurt***PROTEIN PER 7 OZ: 20 GRAMS**

Yogurt is your waistline's best friend. Despite the power of its protein and fat that make you feel fuller for a prolonged period, yogurt is also one of the richest sources of gut-friendly probiotics. According to a study

published in the *Journal of Nutrition* probiotics, like those found in Greek yogurt, helped obese women lose almost twice as much weight as those who did not consume probiotics. Choose wisely, though. Skip over low-fat and fat-free versions. Pick the organic version.

*Beef Jerky***PROTEIN PER OUNCE: 9-12 GRAMS**

Jerky is one of the richest amino acid foods you can find. You can eat it as a post-workout meal, especially if you want fast results on your muscle-building journey. Organic grass fed is again, the best option when choosing a beef jerky.

*Fish***PROTEIN PER 3 OUNCES: BETWEEN 20 TO 24**

Fish is low in caloric value, but high in amino acids. Fish protects the brain and since it contains omega-3 fatty acids, it's also anti-inflammatory.

*Poultry***PROTEIN PER 3 OUNCES: 9-26 GRAMS**

Poultry is one of the richest sources of amino acids because it's low in saturated fats and lean. From chicken to turkey, you can experiment with different recipes and find the one that best suits your family.

*Red Meat***PROTEIN PER 3 OUNCES: 19-31 GRAMS**

Red meat is one of the most traditional sources of amino acids. Organic grass-fed beef is always the best option—it contains more nutrients and is healthier especially for children since it does not contain harmful hormones.

Source: Natural News Blogs

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crashes than females. About three quarters (73%) of all road traffic deaths occur among young males under the age of 25 years who are almost three times as likely to be killed in a road traffic crash as young females.

Risk Factors

THE SAFE SYSTEM APPROACH: ACCOMMODATING HUMAN ERROR

The Safe System approach to road safety aims to ensure a safe transport system for all road users. Such an approach takes into account people's vulnerability to serious injuries in road traffic crashes and recognizes that the system should be designed to be forgiving of human error. The cornerstones of this approach are safe roads and roadsides, safe speeds, safe vehicles, and safe road users, all of which must be addressed in order to eliminate fatal crashes and reduce serious injuries.

SPEEDING

- An increase in average speed is directly related both to the likelihood of a crash occurring and to the severity of the consequences of the crash. For example, an increase of 1 km/h in mean vehicle speed results in an increase of 3% in the incidence of crashes resulting in injury and an increase of 4–5% in the incidence of fatal crashes.
- An adult pedestrian's risk of dying is less than 20% if struck by a car at 50 km/h and almost 60% if hit at 80 km/h.

DRIVING UNDER THE INFLUENCE OF ALCOHOL AND OTHER PSYCHOACTIVE SUBSTANCES

- Driving under the influence of

alcohol and any psychoactive substance or drug increases the risk of a crash that results in death or serious injuries.

- In the case of drink-driving, the risk of a road traffic crash starts at low levels of blood alcohol concentration (BAC) and increases significantly when the driver's BAC is ≥ 0.04 g/dl.
- In the case of drug-driving, the risk of incurring a road traffic crash is increased to differing degrees depending on the psychoactive drug used. For example, the risk of a fatal crash occurring among those who have used amphetamines is about 5 times the risk of someone who hasn't.

NONUSE OF MOTORCYCLE HELMETS, SEAT-BELTS, AND CHILD RESTRAINTS

- Wearing a motorcycle helmet correctly can reduce the risk of death by almost 40% and the risk of severe injury by over 70%.
- Wearing a seat-belt reduces the risk of a fatality among front-seat passengers by 40–50% and of rear-seat passengers by between 25–75%.
- If correctly installed and used, child restraints reduce deaths among infants by approximately 70% and deaths among small children by between 54% and 80%.

DISTRACTED DRIVING

There are many types of distractions that can lead to impaired driving. The distraction caused by mobile phones is a growing concern for road safety.

- Drivers using mobile phones are approximately 4 times more likely to be involved in a crash than drivers not using a

mobile phone. Using a phone while driving slows reaction times (notably braking reaction time, but also reaction to traffic signals), and makes it difficult to keep in the correct lane, and to keep the correct following distances.

- Hands-free phones are not much safer than hand-held phone sets, and texting considerably increases the risk of a crash.

UNSAFEROADINFRASTRUCTURE

The design of roads can have a considerable impact on their safety. Ideally, roads should be designed keeping in mind the safety of all road users. This would mean making sure that there are adequate facilities for pedestrians, cyclists, and motorcyclists. Measures such as footpaths, cycling lanes, safe crossing points, and other traffic calming measures can be critical to reducing the risk of injury among these road users.

UNSAFE VEHICLES

Safe vehicles play a critical role in averting crashes and reducing the likelihood of serious injury. There are a number of UN regulations on vehicle safety that, if applied to countries' manufacturing and production standards, would potentially save many lives. These include requiring vehicle manufacturers to meet front and side impact regulations, to include electronic stability control (to prevent over-steering) and to ensure airbags and seat-belts are fitted in all vehicles. Without these basic standards the risk of traffic injuries – both to those in the vehicle and those out of it – is considerably increased.

INADEQUATE POST-CRASH CARE

Delays in detecting and providing care for those involved in a road traffic crash increase the severity of injuries. Care of injuries after a crash

How I Remember Naji...

TIME.

We are not part of time. Time is a concept, a tool to go from point one to point two! It's like saying "I'm having a long day!" It just means that I find the day "difficult"... so I am connecting to thoughts that are painful enough to make me resent the moment I am living. When we're having a great time, we say "time flies". This means we are focused in the present. When we are taken by what we are doing, then we disconnect from the level of thinking that takes into consideration time. Time does not exist. It is only a subjective measure, meaning it is in relation to what we think.

I read somewhere that a relaxed person takes five to eight breaths a minute. We don't think about breathing. We just breathe. Try catching the "space" between two thoughts. When you manage to do that, you will feel a "moment" of simple happiness! No thinking, no trouble.

Time is a concept of the mind. For example, when you write an exam, every minute is torture. Time is when we stop being enthusiastic about life!!! Enthusiasm comes from the ancient Greek word "en-Theo" meaning the God within! When we're enthusiastic, we allow God to express himself through us! When we stop thinking, we allow God to manifest himself through acts of generosity, laughter, and love with no conditions, just love for the sake of love! Shining peace!

Try living in the present. The problems that we face today concern insecurity and anxiety, which lead to low self confidence. The fear of being late leads to being late. I focus on being in the right place at the right time and letting time be managed calmly without being pressed.



"Fear not; there is time for everything; and patience is a virtue". These are the words my father spoke to me at the beginning of my rehabilitation. They guide me through every step that I take and they have taught me to be appreciative and take nothing for granted.

In addition to managing my time, I've realized that I must also manage my energy. When something needs to be done, even if you put your energy subconsciously into it, you'll get it done anyway. One way of managing energy is deep breathing. This works like a reset button for mind and body because it helps us focus and stay in the present. Fatigue is a reminder that we are weak and can't have everything all the time.

At the end of the day, time is simply what you make of it.

EXCERPT FROM NAJI'S BOOK: LITTLE BOOK OF INSPIRATIONAL THOUGHTS & WRITING

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Naji Cherfan Foundation focusing on spirituality and health. The objective of People are Born to Shine is to raise awareness among our readers on health challenges and disease prevention, while inspiring them to live a fuller, more abundant life guided by Christian values. This newsletter is dedicated to people of all ages, those who are healthy and those with health problems and those with brain injury of any kind, resulting from accident, stroke, etc.

The content has been carefully selected from internet sources considered reliable and accurate to bring you good news of health and spiritual well being, however The Naji Cherfan Foundation assumes no responsibility for inaccurate information. The NCF would like to recognize the devoted work of its volunteers, mainly Marianne Debs, Me. Kamal Rahal, Me. Harold Alvarez, Zeina Costantine, Joyce Abou Jaoude, Rita Kassis, Marleine Nassrany, Diala Ghostine Nassrany, Dima Rbeiz, Father Joseph Abdel Sater, Father Joseph Soueid, Reine Kassis, Nabil Khoury, Roland Khoury, Father Elia Chalhoub, Valéria de Proença, Athena and Christina Georgotas, Violette Nakhle, and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments, etc.

This issue is available in Arabic, English, Greek, Dutch, French, Spanish and Portuguese. The NCF management and staff are very grateful for the efforts of the Chief Editors who are volunteering to translate and edit the Newsletter into several languages namely, Isabelle Boghossian for the Greek language, Maria Goreti for the Portuguese language, Myriam & Salibi Rita Abou Jaoudé for the French language, Professor Lydia & Ambassador Alejandro Diaz for the Spanish language, Roly Lakeman for the Dutch language, Sawsan Bechara & Rita Abou Jaoude for the Arabic language.

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has occurred is extremely time-sensitive: delays of minutes can make the difference between life and death.

INADEQUATE LAW ENFORCEMENT OF TRAFFIC LAWS

If traffic laws on drink-driving, seat-belt wearing, speed limits, helmets, and child restraints are not enforced, they cannot bring about the expected reduction in road traffic fatalities and injuries related to specific behaviors. Thus, if traffic laws are not enforced or are perceived as not being enforced it is likely they will not be complied with and therefore will have very little chance of influencing behavior.

Effective enforcement includes establishing, regularly updating, and enforcing laws at the national, municipal, and local levels that address the above mentioned risk factors. It includes also the definition of appropriate penalties.

What can be done to address road traffic injuries

Road traffic injuries can be prevented. Governments need to take action to address road safety in a holistic manner. This requires involvement from multiple sectors such as transport, police, health, education, and actions that address the safety of roads, vehicles, and road users.

Effective interventions include designing safer infrastructure and incorporating road safety features into land-use and transport planning, improving the safety features of vehicles, improving post-crash care for victims of road crashes, setting and enforcing laws relating to key risks, and raising public awareness.

WHO response

Providing technical support to countries

WHO works across the spectrum in countries, in a multi-sectoral manner and in partnership with national and international stakeholders from a variety of sectors. Its objective is to support Member States in road safety policy planning and implementation.

In addition, WHO collaborates with partners to provide technical support to countries. For example, WHO is currently collaborating with the Bloomberg Initiative for Global Road Safety (BIGRS) 2015-2019 to reduce fatalities and injuries from road traffic crashes in targeted low- and middle-income countries and cities.

In 2017, WHO released Save LIVES a road safety technical package which synthesizes evidence-based measures that can significantly reduce road traffic fatalities and injuries. Save LIVES: a road safety technical package focuses on Speed management, Leadership, Infrastructure design and improvement, Vehicle safety standards, Enforcement of traffic laws and post-crash Survival.

The package prioritizes 6 strategies and 22 interventions addressing the risk factors highlighted above, and provides guidance to Member States on their implementation to save lives and meet the road safety target of halving the global number of deaths and injuries from road traffic crashes by 2020.

- Save LIVES: a road safety technical package

Coordinating the Decade of Action for Road Safety

WHO is the lead agency – in collaboration with the United Nations regional commissions – for road safety within the UN system. WHO chairs the United Nations Road Safety Collaboration and serves as the secretariat for the Decade of Action for Road Safety 2011– 2020. Proclaimed through a UN General Assembly resolution in 2010, the Decade of Action was launched in May 2011 in over 110 countries, with the aim of saving millions of lives by implementing the Global Plan for the Decade of Action.

WHO also plays a key role in guiding global efforts by continuing to advocate for road safety at the highest political levels; compiling and disseminating good practices in prevention, data collection and trauma care; sharing information with the public on risks and how to reduce these risks; and drawing attention to the need for increased funding.

Monitoring progress through global status reports

WHO's Global status report on road safety 2015 presents information on road safety from 180 countries. This report is the third in a series and provides an overview of the road safety situation globally. The global status reports are the official tool for monitoring the Decade of Action.

- Global status report on road safety 2015

<http://www.who.int/mediacentre/factsheets/fs358/en/>